|  | **BAHRIA UNIVERSITY, (Karachi Campus)**  *Department of Software Engineering*  **Assignment 4 - Fall 2022** |  |
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COURSE TITLE: **INTRODUCTION TO PSYCHOLOGY** COURSE CODE: **PSY-102**

Class: **BSE-V & III** Shift: **Morning**

Course Instructor: **Marvi Makhdoom** Time Allowed: **2 Weeks**

Submission Date: **28th DEC, 2022**  Max. Marks: **5 Marks**

**Question No. 1 [CLO2: 5 Marks]**

**Learning**

**STEP 1:** Your assignment is to choose one of your OWN behaviors that you would like to modify, using the conditioning principles you learned about in the text. Consider bad habits you might be interested in changing, such as biting your nails, procrastinating, not exercising, etc. You can utilize principles of classical or operant conditioning, recruit others to help you, employ successive approximations and shaping and modify schedules of reinforcement in order to improve your life.

You must spend at least 10 solid days devoted to this project in order to see solid results.  Please get started right away.

**STEP 2:** Write about the type of conditioning you used, and the methods and procedures used to execute your project. You should explain the process of shaping the behavior and utilize any or all appropriate vocabulary. Finally, include a discussion of the results and an analysis of recommendations for improvement or future changes.

Answer

My bad behavior was **excessive use of mobile phone** which resulted in weak eyesight, sometimes headache and to become less productive. I used **Negative Punishment** to reduce the use of mobile phone. Using mobile for entertainment and timepass is Stimulus and removing it will be the punishment.

I downloaded an application in mobile which would keep track of the screentime (Mobile usage) for 24houres. I would have to tell the application the screentime allowed. Once the screentime reaches its limit the mobile would automatically lock for certain period of time disabling me from using it (Punishment). Once the lock time is up then it would unlock for 15min during which I would have option to disable the application or not. If I would not disable the application then it would lock the mobile for even greater period of time and so on. Furthermore, I reduced the allowed screentime slowly through out these 10days.

There were some exceptions such as:

I would still be able to receive and start a voice call while locked out.

Use features available on lock screen such as Camera, Clock, Calculator etc.

This was very effective because I was able to reduce my average screentime from 10houres to 5houres. Although during these 10 days I had to disable the application once because an assignment was due. In future I would like to target screentime of specific applications like Facebook or Instagram allowing me to complete necessary tasks. Furthermore, it would be very helpful if there were pre-built setups in application. Achievement or medal system would also be very helpful as it would also provide positive reinforcement. For example I would receive a medal for following the routine for specific days (Bronze for 3 days, Silver for 7 days and so on).